



The CDC and the Government is recommending Tele-Health services be used to reduce the possibility of infection by going to Urgent Care, Hospitals, or Doctor offices.

You have a telemedicine benefit provided by your employer. Use your benefit now!



**my+elemedicine**  
Access to Care. Empowerment. Peace of Mind.  
**accessadoctor**

**CORONAVIRUS:  
PROTECTING  
YOUR  
FAMILY**

**MyTelemedicine Can Help Keep Your Family Safe!**

**Virtual Appointments**  
If you are feeling sick,  
avoid the germs at the doctor's office  
and schedule a virtual care visit.

**Tips to Help Protect Your Family from COVID-19**

**1. STAY CLEAN:** Clean your hands with soap and water for 20 seconds after touching surfaces in public areas, and especially if you are around someone who isn't feeling well. Also, clean and disinfect frequently touched objects.

**2. AVOID CONTACT WITH SICK PEOPLE:** Avoid close contact with people who are sick and avoid traveling to locations where there are outbreaks of the coronavirus. And if you get sick, stay home to avoid spreading the virus to others.

**CALL FOR A CONSULT: 800.611.5601**  
Or visit our website: [mytelemedicine.com](https://mytelemedicine.com)

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## Zero Co-Pay!

### It's free for you and your family to use!

As you know, Covid-19 has so far proven to be an extremely contagious virus. Using your Mytelemedicine.com benefit can help by enabling healthcare providers to treat isolated patients, thus preventing the spread of the virus.

You can activate your free benefit in any of three ways...

1. Go to <https://portal.mytelemedicine.com/go/dashboard/register> to activate your benefit, or...
2. Call 1-800-611-5601 to activate your account, or...
3. Download the Telemedicine Mobile App called "Access a Doctor" and activate your account through the app.

Here are the links to download the Mobile App...

[Click here to download the app for Android devices](#) or

[Click here to download the app for iPhone or iPad devices](#).

Once your account is activated, you can speak to a doctor on-demand within about an hour or less anytime day or night on any day of the week all year long!

Doctors are available 24/7 in all 50 states.

Prescriptions are electronically sent to the local pharmacy of your choice.

Protect yourself and your family! Activate your free "No Co-Pay" account now!

Note: If you've already activated your account you can login at [this link](#).

